the newham mag

ISSUE 130
6 October 2007

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Live life and get healthy

> Wrap up warm and explore autumn

LIVE LIFE

Newham

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the newham mag

Look out for the next issue from October 20

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6 October 2007 // issue **130**

Welcome to issue 130 of the Newham Mag. In it you can find out what it's like to be an architect (pages 14&15) and meet the final 16 youngsters in the race to be crowned the first Young Mayor of Newham (pages 10&11).

There are also photos from our Dancing in the Streets weekend (pages 16&17) and information on how you could turn your back yard into a film set (pages 18&19).

I hope you enjoy the issue.

Jen

On the cover:
Wrap up warm. The cold weather's here.

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Newham
Published by the London Borough of Newham

West Ham to benefit from Thames Water's biggest new sewer scheme

Thames Water will soon begin work on its most ambitious new scheme to protect Londoners from repeated sewer flooding.

The works, which begin this month, will see sewers in the E7 postcode area upgraded, greatly reducing the risk of sewer flooding in times of heavy rainfall.

Robert Griffiths, Thames Water's project manager, said: "I want to reassure residents, traders and motorists that we'll do all we can to minimise any disruption."

An information session for residents is being held on 31 October from 4-8pm, at Durning Hall Community Centre, Earlham Grove, Forest Gate E7 9AB.

Thames Water representatives will be available to explain the project and answer any questions.

Lionel Blair at free event for pensioners

Newham's older residents are invited to a day of fun activities and information on Wednesday 31 October from 10am to 5pm at Stratford Old Town Hall.

The event will be opened by Deputy Mayor, Councillor Christine Bowden, and the day will conclude with a tea dance with Barry Perry and a free bingo, courtesy of Stratford Gala Bingo.

This is the fifth annual older people's information and fun day hosted by the council and Lionel Blair will be guest of honour.

Look out for more information in the next Newham Mag.

Newham resident scores at Workplace

The hundredth person to secure employment through a Newham Council scheme has been congratulated with a pair of tickets to a West Ham United game.

Grace Okorie, 59, found a job with the help of Workplace.

Grace, who lives in Forest Gate, had been out of work for more than three years when she walked past the Workplace offices in Stratford and decided to go in. She said: "I like to keep busy and had been looking for work for a while; I registered with a few agencies but couldn't find a job."

A few weeks later she'd secured a job with J Murphy & Sons, a construction company who are currently working on the Olympic Park site

Grace Okorie with Cllr Alec Kellaway

Businesses and individuals who would like more information or to book an appointment, should call 020 8430 4331 or visit www.newhamworkplace.co.uk

Council tells parents to belt up

Newham Council road safety officers have been carrying out random checks to ensure that children are sitting correctly in cars.

Alongside police from Newham's Safer Neighbourhoods Teams, they swooped on key locations across the borough before and after school to ensure child seats are being used properly in vehicles.

PCSO Matthew Hill and Cllr Ian Corbett with Aaliyan Iqbal, who was correctly belted up

Officers not only advised parents whether seats were fitted correctly or not but also that they are the right ones for the children using them and the car they are being used in.

Councillor Ian Corbett, Newham's executive adviser for crime and anti-social behaviour, said: "We and our police partners are taking a tough stance on people not protecting themselves and their passengers from injury.

"Drivers are not only responsible for themselves but also making sure their young occupants are correctly restrained."

For copies of the Good Egg Guide to in-car safety, send an email to road safety officer emma.norton@newham.gov.uk

News

Crime drops by a third as pride is restored in Barking Road

A joint council and police initiative along the length of the Barking Road resulted in crime dropping by a third.

You may have noticed there were more police and council enforcement officers along the Barking Road last week, providing a highly visible deterrent against crime and apprehending troublemakers.

Initial results from Operation Street Pride showed crime was down 33 per cent compared to the previous week, there was 31 per cent less crime than the same week last year and the lowest level of violence in 12 weeks.

The figures relate to crimes committed along the Barking Road, between the E6 and E16 postcodes.

The latest Operation Street Pride follows similar initiatives carried out in High Street North, East Ham, and in Beckton.

The aim was to reduce crime and anti-social behaviour and make the streets cleaner and safer through partners and the local community working together.

The week of action saw partners working together to address issues which affect the quality of life of local residents and business owners. The areas targeted included uninsured and untaxed vehicles, under age sales, violent crime and street cleaning.

NEWS // IN PICTURES

A police officer from the Met's mounted branch in Newham for Operation Street Pride in Barking Road.

NEWS // IN PICTURES

1 A resident enjoys one of our Dancing in the Streets events. **2** East London Dance present the Kickin' Kangaroo Club as part of Live Life Music and Dance Month. **3** The annual Stratford Shopping Centre fashion show hits the catwalk. **4** One of the young Mayor candidates records her video manifesto.

Mayor's view
with Sir Robin Wales

The race is **on!**

Young MAYOR OF NEWHAM

This week, 16 young people began their campaigns to become the first Young Mayor of Newham. After a thrilling and close first round of voting, I can already see that this election, and those in the years to follow, will be full of excitement, motivation and a lot of hard work.

The response we've had to the campaign has been so impressive and nearly 60 young people from our community fought it out at the primary election to convince their peers that they would be the best representative for the young people of Newham.

Now the race is on towards the election days from 15 to 18 October and what's important is that we engage ALL young people between the ages of 14 and 18, who live, work or study in Newham, and inspire them to get out and vote. Voting will mean that even those who aren't in the running can contribute to making Newham a better place to live by electing someone they think will have a positive influence on their lives. I hope that this influence will in turn motivate our younger generations to look for their own opportunities to improve their lives.

With one of the youngest populations in the UK, electing a Young Mayor will undoubtedly be a positive addition to Newham and I look forward to working with the successful candidate and their supporting youth council.

Good luck to all the candidates. I'm extremely impressed and inspired by them all for wanting to make a difference.

My next Mayor's Question Time will be at St John's Community Centre, Albert Road, North Woolwich, from 10.30-11.30am. Come and meet me!

Plant for life

Plant a tree – sounds simple doesn't it?

Well it is. What's more it's great fun and you'll be leaving something behind for future generations to enjoy.

We want you to head to your local park during October and November and get involved in a Community Forum Plant For Life event.

This is your chance to join Newham's year of action and 'do one thing' to help your local environment.

Councillors Jo Corbett and Richard Crawford get set to add their plants for life

There'll be nine Plant For Life events where you can help plant 2012 new trees in the borough each year, such as the birch, hawthorn, hazel, alder, ash and other native species. By planting a tree you'll also be doing your bit for nature, as trees shelter and feed all sorts of animals, birds and insects. You can also add a dose of colour by planting some spring bulbs like daffodils for sunny locations, native bluebells for shady spots or the vibrant crocus flower.

Plus at each Community Forum planting event there'll be fun activities including nest box building, tree dressing and wildlife walks.

Executive member for culture Councillor Jo Corbett, said: "This is a wonderful initiative that's part of the council's Live Life campaign, which is all about being active. I encourage everyone to roll up their sleeves and get involved – it's up to all of us to help improve our natural environment."

For full details of Plant For Life, check out the back cover of this magazine. And remember – your action can make a big difference!

Did you know?

- Trees absorb carbon dioxide as they grow and the carbon that they store in their wood helps to reduce the rate of global warming
- Newham Council looks after 22 parks, 45 open spaces and seven allotment sites
- Our parks are among the best in the country and hold several prestigious Green Flag Awards – read more about this in the next issue of the Newham Mag
- It's ideal to plant trees in the autumn when the soil is warm after the summer and damp from the autumn rain

Plant for life is part of a year of action with BBC's Breathing Places – visit www.bbc.co.uk/breathingplaces

Young MAYOR OF NEWHAM

The race is on for Newh

These are the 16 shortlisted candidates in Newham's first ever Young Mayor election.

It began as a race between 56 hopefuls and was open to all 14-to-18 year olds who live, work or study in the borough. Then a nail-biting primary election was held at the Old Town Hall, Stratford, where young people who secured the required 50 signatures of support pitted against each other with powerful manifestos and then voted for their 16 favourites.

Following training in public speaking, delivering presentations and devising manifestos, the final 16 began structuring their campaigns. You can read excerpts from their manifestos below.

Mayor Sir Robin Wales gave them more information about the role, saying: "The Young Mayor of Newham will be a challenging and demanding role as well as being rewarding and satisfying for whoever secures the year in office.

"Newham has the highest percentage of young people of any borough in England, with more than 40 per cent of the population falling into this category. It is important that their views are heard and thoughtfully considered.

"The Young Mayor will work closely to determine public opinion among youngsters in Newham and help councillors and council officers by giving their input around issues concerning them."

Once appointed, the Young Mayor will control a budget of £25,000, which will be used to enhance the services available for young people in the borough.

Sir Robin adds: "The number of young people that have shown an interest, as potential candidates or supporters, has confirmed that this is a much-needed addition to the democratic landscape of Newham. The mix of candidates we have reflects the diverse population of our borough."

The finalists officially began their campaigns on Monday (1 October) and secret ballot box elections will be held from 15 October. The Young Mayor of Newham will be announced on Thursday 18 October at Newham Town Hall, East Ham, following a live count of all the votes.

***The candidates' manifestos can be viewed at* www.newham.gov.uk/youngmayor**

Anneka Ariyo
16, Custom House

As an individual I've realised how much of a difference you can make. Mandela once said: "It's not the kings or the generals or those in high authorities that make a difference, but the members of the mass, the individuals".

Awais Hussain
15, East Ham

I am not some posh person who has memorised half of the dictionary. I do not want to be Young Mayor for personal gain. I do not want to represent just any borough; I want to represent your borough, your Newham.

Denise Wireko
16, Forest Gate

In the year 2007, 19 youths have been killed! For what? Status? Respect? We are the next generation and need to wise up. Are you fed up of losing loved ones just because of someone's ego? Or are you tired of your ideas being pushed aside? Because I am.

Esther Olayiwola
15, Stratford

Imagine the change you want to see
Imagine the change you want to be
Imagine me
Violence everywhere,
kids dropping down like flies
Suddenly I realise
Something must be done

Hamid Khan
15, Manor Park

If elected, I'll set up crime helplines staffed by young volunteers, because crime is a big problem in Newham. My research shows that young people can be reluctant to report crime. They would prefer to report it to people their own age.

Hamid Sheikh 17, Ilford

I am dedicated to giving my all to helping others. I am determined to kick out

am's first Young Mayor

racism and violence and develop the energies and creative talents of Newham's young people. I feel passionate about young people's needs!

Jelisa Smith 17, Leytonstone
Where do you see yourself in ten years time? Sadly for most of you, it probably isn't Newham. I want to change this! I believe in young people because our talents and potential are the future. If elected, I want to find out what you want as well as tackling existing issues.

Jennifer Labwo 15, Canning Town
We live in a democracy, though it is fair to say that young people under 18 do not actually get the opportunity to be a valid part of this democracy. As we are too young to vote, we have no way of getting our views or opinions across. Well this ends now!

Kimberly Welsh 17, Dagenham
Speak out. Be heard. Make change. My focus will be communication, services and environment. I will establish strong links with all young people so their views can be heard and they can find out what is available to them.

Melis Soysal 15, Plaistow
I believe Newham has many hidden talents waiting to be discovered. I stand to represent the best values of our vibrant, multicultural and noble Newham. I want to keep you off the streets, safe and sound and occupied with the activity you most love and enjoy.

Natalie Corriette 17, Forest Gate
I stand for what I know, love and believe in: excellent opportunities, young people and Newham. I've taken up this fantastic opportunity to work for the young people of Newham. I'd work to decrease anti-social behaviour, behaviour that gives all of us a bad name.

Niall Frederick 15, Stratford
Strength! Determination! Grit! Leadership! I stand up for what I believe is right! When I see crime on the streets, I desperately want to fight back and do something about it, but I realise that violence is not the way.

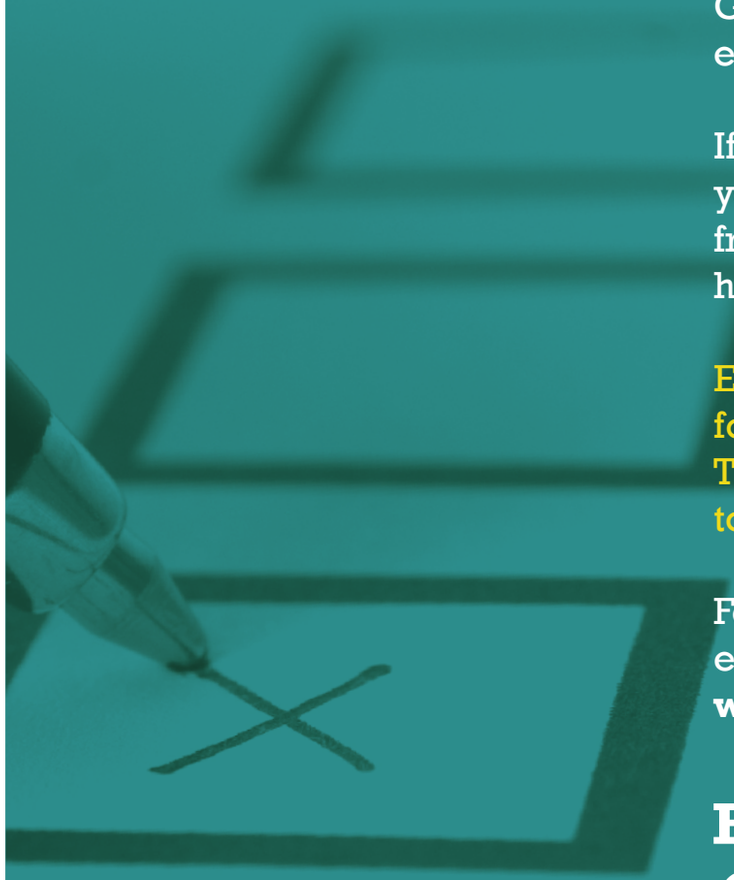
Paul Amuzie 17, Manor Park
Newham! We all have the right to be safe in our borough, a right to be proud of our streets and reassured there is someone fighting for those rights. I am that somebody because I have the ability to learn, learn how to work for you.

Sherbaz Ahmed 17, East Ham
Imagine a shoe. No laces to tie it to your foot, no sign to represent it. Everyone's just ignoring what you have. That's Newham without a Young Mayor. I aim to put that sign back on and for young people to recognise the special people within.

Thelma Odoi 16, Custom House
It's time for you to repossess your voice and visualise yourselves as children of the future with banks of potential. How? I stand to supply the needs of all genders, races and cultures and bring our community together as one.

Zuhayb Ahmed 16, East Ham
I believe with our views and passion we can cause a change in areas such as under-18 employment and travel, the local environment, street crime and increased opportunities for all youth. Help me, help us, make a positive yet realistic change.

Register To Vote Now!



If a General Election is called by the Government you will need to be on the electoral register to vote.

If you have moved address in the last year, or have never registered, call freephone **0800 0960472**, and find out how to **GET REGISTERED NOW**.

Even if you have recently filled in a form or have registered for Council Tax, please check – we don't want you to miss out and lose your vote.

For further information on registering, elections and postal votes visit **www.newham.gov.uk**

Register now on freephone

0800 0960472

Newham

Newham

PUBLIC NOTICE

REVISED CODE OF CONDUCT FOR COUNCILLORS IN THE LONDON BOROUGH OF NEWHAM

Under Section 51 of the Local Government Act 2000, the council is required to pass a resolution adopting a code as regards the conduct expected of members and co-opted members of the council. The council considered and adopted a revised Code of Conduct at a meeting of the council on 17 September, 2007. The revised Code took effect on 1 October 2007.

A copy of the revised Code of Conduct for Councillors and Co-opted Members of the London Borough of Newham may be inspected at Newham Town Hall, Barking Road, East Ham, London E6 2RP during normal opening hours (9am to 5pm, Monday to Friday). The revised Code of Conduct can also be viewed on the council's website at www.newham.gov.uk

Chris Wood
Interim chief executive
18 September, 2007

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*ILM = Institute of Leadership and Management *CIM = The Chartered Institute of Marketing

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MAYOR OF LONDON

Transport for London DLR

Grand designs

Newham architect Noresh das Gupta says qualifying for his dream job has been a long, hard slog.

Getting his degree in architecture from the University of East London (then known as North East London Polytechnic), took seven years of full-time study. Now, with his own Stratford company thriving, the hard work is paying off.

After taking a year-long work placement with Edward Cullinan Architects – who have created several striking buildings in Newham, including the award-winning University of East London's Docklands Campus - Noresh knew he'd chosen an interesting career.

"What I enjoy about architecture is that you end up doing quite a lot of varied things. A typical day will be designing for a project or meeting a client for the first time and discussing their needs. It may be trying to draw up a schedule for work which includes technical specifications, it might be meeting a planning officer to discuss a scheme, or going off to site and having meetings with builders or new clients," he says. "I go on a lot of courses to update myself on change in building and planning regulations. There are also constant changes in technology I need to keep informed of."

It takes dedication and determination to be successful in the industry, warns Noresh, who runs Arena Architects in Stratford: "You have to have a real passion for it because it's a long hard slog to qualify and then it's quite a long hard slog

to actually do the job. The creative and inspiring design bit is only a small chunk, 80 per cent of a project is sheer hard work. Getting it through planning, making sure it comes in on budget, making sure the builders do it the way it should be. Sometimes it's an uphill struggle and long hours of unpaid overtime are quite standard in this industry."

Another major challenge for Noresh is making sure everyone shares his vision and works as a team to turn designs into reality: "Although people think that architecture is an individual process, it isn't. Designing and building involves everybody – whether it's a house of a large commercial building – it's always a team effort."

Noresh directs a team of five and his office is a hive of activity. "There's a whole army of people working away to make it happen, from an architect's design team, right through to planners, building control officers, people on site and the clients. It really does require people to be able to pull together to make that happen. Often, it doesn't work like that and people have their own interests and they don't care about other things so somehow you've got to coordinate everything."

When Noresh wants to relax and get away from it all, he enjoys cycling or walking in Newham's green spaces like West Ham Park. But design is never far from his thoughts: "I'm inspired by art and the spatial qualities of other buildings. I love modern and historic architecture."

> **"I'm inspired by art and the spatial qualities of other buildings. I love modern and historic architecture"**

Before setting up Arena Architects in 1999, Noresh spent seven years working In Newham Council's architect's department, where he designed The Globe in Beckton. Since building his own house in Forest Gate on a tight budget, Noresh has developed a taste for challenging designs. His latest project is refurbishing a Grade II listed house in a conservation area. "It's quite a challenge because apart from the usual planning hurdles to jump, you've got also got a conservation officer and English Heritage to deal with."

Whether it's a historic property, a large commercial scheme, or a simple loft extension, Noresh is dedicated to making every project he handles a big success: "We are a modest practice, I'm not building palaces but I try to incorporate something of a grand idea into everything I do."

Arena Architects
Hallings Wharf Studios
1 Channelsea Road
Stratford, London E15 2SX
020 8555 7744

For further information about architecture courses at the University of East London, contact its School of Architecture and the Visual Arts on **020 8223 3405** or visit **www.uel.ac.uk**

Dancing in the Streets dazzles!

Some tapped and twirled while others stepped and spun...but everyone had loads of fun!

The council's three-day Dancing in the Streets event, held from 14 to 16 September, was an overwhelming success with a whopping 2,500 people moving to the groove at free events across the borough.

The weekend of dance, which was held at community centres in each Community Forum area, was part of the council's LIVE LIFE Music and Dance Month.

There was something for everyone to enjoy – from tap dancing, cheerleading, fox trot, line dancing and salsa to African and quadrille, tea dancing, bollywood, street dance and more.

Plaistow resident Jean Sewell attended the event at the African Caribbean Resource Centre in Plaistow. She said: "It was a wonderful way for the community to get together – I took my mum, sister, nephew and friends and we stayed all day. I had lots of fun and learnt some new quadrille moves."

As well as workshops for participants there were performances from a range of talented groups.

Among those taking to the stage were Honey's Dance Academy, Moksliukas, MOJO, Fusion Arts Theatre School, Grand Union, Newham's World Choir and recycled orchestra, Fire Stead (I love Salsa) and Tobago Crusoe.

The response from toe-tapping residents was very positive. Manor Park's Betty Binfield said her local event was "fantastic," while Beckton's Mark Willey said: "It's brilliant to have something like this in the community that promotes local talent. I hope there are many more to come!"

Deputy Mayor Councillor Christine Bowden, who attended the tea dance class at Beckton Community Centre, said: "Dancing is a way great way to keep fit and a fantastic way to socialise. There are a lot of organisations in Newham that offer dance classes, so whether you have two left feet or twinkle toes, there's no better time to get into the groove. Check your LIVE LIFE directory for more details."

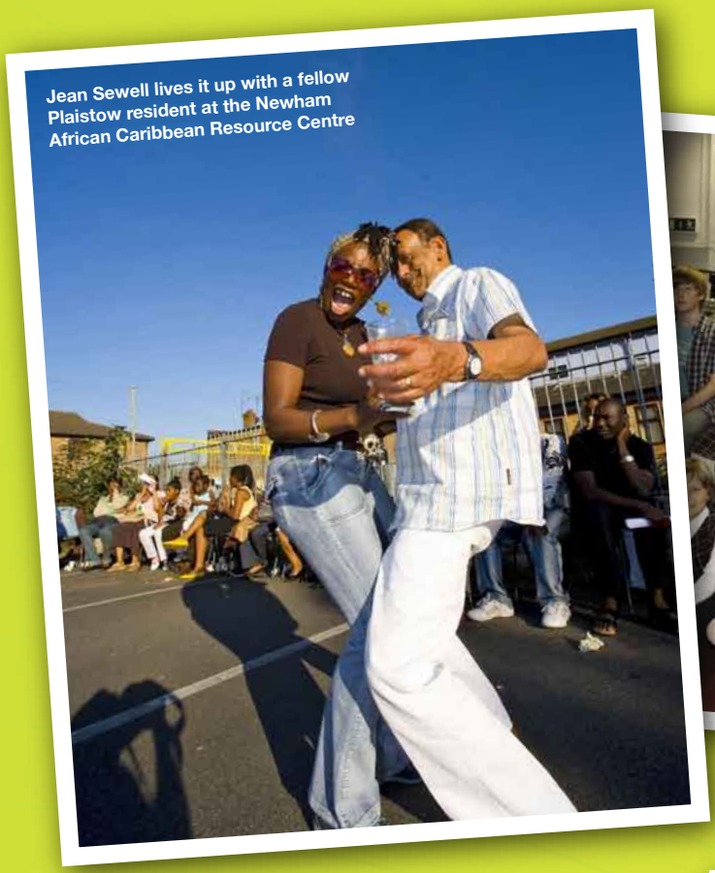
For further information on dancing in Newham, visit **www.newham.gov.uk**

Newham African Caribbean Resource Centre, Plaistow

Street dancing at St John's Community Centre, North Woolwich

Kids join in at Beckton Community Centre

All smiles at Flanders Community Centre, East Ham



Jean Sewell lives it up with a fellow Plaistow resident at the Newham African Caribbean Resource Centre

Councillor Alec Kellaway and Councillor Patrick Murphy with young performers at Beckton Community Centre

Councillor Jo Corbett joins in the fun

Community Lead Councillor for Custom House and Canning Town, Pat Holland, enjoys tea dancing with Vladimir Bobkov at Trinity Community Centre

Deputy Mayor Councillor Christine Bowden joins in the tea dancing at Beckton Community Centre

A dance workshop at Queen's Terrace Community Centre, Plaistow

Many films and pop videos have been shot at 3 Mills

West Ham Cemetery

Beckton Globe might make an unusual location

Empty buildings like Storey School, North Woolwich, are popular with filmmakers

Thames Barrier Park

Tonight with Trevor McDonald was filmed here recently

A FILM SET IN YOUR OWN BACK YARD?

It might sound far-fetched but the reality is that your flat, garage or garden could be just what a filmmaker is looking for. And with the help of the council's new film office, you could get to see it on a film, TV commercial or your favourite soap and maybe even make a few pounds into the bargain.

The Newham Film Office is already off to a flying start, having been set up just over two months ago. A new filming manager, Sue Russo, was employed, to support location filming work across the borough. Her vision is to develop a dynamic film and TV industry in Newham.

Early successes

Productions filmed in Newham in the last few months include:

> *Tonight with Trevor McDonald* at Holden Point, Stratford
> Feature film *There for Me* at West Ham Cemetery (starring Paul Bettany and Saffron Burrows)
> A National Lottery commercial at Newham Leisure Centre
> *Primevil* for Granada TV at Abbey Mills, West Ham
> Ian Brown pop promo at Pudding Mill Lane, Stratford
> *Modern Towns* for RDF Media in Canning Town
> *Rock N Rolla* (a new Guy Ritchie film) in Factory Road, Silvertown

There is considerable interest in the borough, including from a high profile Bollywood production company who would like to source all its locations in Newham. The small but growing media industry within the borough is likely to be given a significant boost through future development at Three Mills Studios and the proposed legacy of Olympic Park facilities in Stratford, including the International Press, Media and Broadcast Centre.

Film facts

> London's screen industries had a turnover of £13.6 billion and total expenditure of £10.4 billion last year
> The creative industries are the fastest growing sector in London, creating one in five new jobs
> For the past six years the council has outsourced all its filming requests within the borough to a film location agency. Now there's one point of contact in filming manager Sue Russo

The benefits

There are wider benefits for residents and the business community:

> According to a recent Government study, for every £1 spent on a location this generates approximately £2.50 for the local economy
> Local residents and businesses enjoy the notoriety of seeing their road or business on the screen
> Last year Visit London recorded one in five visitors came to the capital as a result of an image on screen. Consequently, more filmmaking within Newham could have a marked effect on tourism

Filming manager Sue Russo

Prior to coming Newham, Sue was responsible for the set-up and management of Wandsworth Council's Film Office. Sue has extensive working knowledge of the film industry and has developed a large client base. She is recognised within the industry as a key contributor in London who is known for her ability to support and enable all aspects of the filmmaking process.

What to do if you think you have a film location in your back yard

Sue says: "Filmmakers are looking for everything, from a Coronation Street-style terrace, to a council estate, to a period property to a school. I'd also like local businesses to get in touch if they have any hard standing space which is underused, like a pub car park. Locations are much more attractive to filmmakers if I can offer the whole package and say we've got some nearby parking available for you as well."

Contact:
Sue Russo, filming manager
Newham Unit for the 2012 Games
Old Dispensary, 30 Romford Road
Stratford, London E15 4BZ

Tel: 020 8430 2261
Email: sue.russo@newham.gov.uk

Eat well and be a **smooth operator**

Newham-based charity Community Food Enterprise (CFE) has been changing the eating habits of East Ham residents by offering them affordable fruit and veg. They've also come up with a healthy breakfast smoothie for all readers, which you can try yourself at home.

East Ham Leisure Centre users have been making the most of a new mobile shop – just the latest of many across Newham. A wide range of fresh fruit and veg at low prices is now on sale from a CFE mobile food store parked in front of the leisure centre in Barking Road from 10am-12noon every Tuesday.

The latest venue was thought up by CFE boss Eric Samuel and Mark Seltzer from the council's healthy living and sport department.

Councillor Neil Wilson, Plaistow South ward member and executive member for equalities and social inclusion, says: "We are delighted to support the healthy eating habit by encouraging everyone to shop locally at their neighbourhood market, shop or mobile outlet. Access to quality food at good prices should be everyone's right."

CFE aims to educate consumers and provide access to healthy and nutritious foods. It runs a network of social and mobile food outlets around the borough, staffed by volunteers. It also provides fresh produce to breakfast clubs, schools and housebound residents.

The Community Food Enterprise (CFE)

Brian Bellevue, development manager at the CFE, says: "We believe that people have the right not just to food but to the right food, and that this is particularly important given the diversity of Newham."

The food outlets run by CFE do not exist

to compete with shops and markets – they operate in areas that have been identified as 'food deserts' – areas where there is poor access to shops. Its food stores improve the community's access to good value and healthy fruit and veg.

If you are interested in food and health issues, CFE also runs the national training programme for community food workers, a series of courses accredited by the National Open College Network (NOCN).

For more information visit: **www.community-food-enterprise.org.uk** or contact Olayinka Cole on **020 7511 9014** or at **admin@community-food-enterprise.org.uk**

Introducing the Live Life Smoothie!

CFE has come up with a breakfast smoothie recipe in consultation with its dietician. This mouth-watering mix is guaranteed to kick start your day the right way, and provide a filling and healthy alternative to coffee, pastries and bacon rolls.

Live Life Red Berry Rooster

Ingredients *(serves two)*

> 2 x 125ml fruit-flavoured yoghurt (strawberry, raspberry or cherry)
> 400g/14oz frozen summer berries
> 290ml/1⁄2 pint cranberry and raspberry juice
> Two ripe bananas peeled and chopped.

Method

Place all of the ingredients in a liquidiser or smoothie maker and blitz until smooth.

Nutritional information

This refreshing start to the day provides two portions of fruit towards your five-a-day and a portion of dairy food. It contains berries which are loaded with vitamin C, foliate and fibre and phytonutrients. Berries are super foods and cranberry juice is very good at fighting off urinary tract infections. The yoghurt provides a good source of calcium which strengthens your bones. This smoothie releases the carbohydrates slowly and therefore keeps you fuller for longer, sustaining your energy levels to the next meal.

The council would like to hear what you're eating for breakfast and how you kick-start your day. Email livelife@newham.gov.uk

Breast checks are for life, **not just for October**

October is Breast Cancer Awareness Month but checking your breasts is an important thing to do every month of the year.

Breast awareness is about being more aware of your own body and getting to know your breasts. This is important for women of all ages. Learning how your breasts look and feel at different times of the month will help you know what is normal for you and to recognise any abnormal changes.

Newham Primary Care Trust (PCT) is making a special drive during Breast Cancer Awareness Month to encourage women to get to know their bodies. It is sending breast awareness packs to GP practices, community centres, groups and community forums and is organising informal talks with women on what changes to look for.

Frances Haste, Newham's consultant in public health, says: "Getting to know your own breasts will help you catch any changes early. Don't be afraid to ask your doctor if you notice any changes. Early treatment saves lives."

Breast screening saves lives; breast cancer costs lives.

Breast cancer – the facts

- One in nine women will get breast cancer. Nearly 80 per cent of cases occur in women over 50
- Breast cancer claims 12,500 lives each year in the UK. Men can also get breast cancer but it is rare
- The good news is, thanks to earlier detection and improved treatment, breast cancer death rates in the UK have fallen by 20 per cent over the last ten years
- Of those women diagnosed with breast cancer today, 70 per cent are likely to survive for at least 20 years
- **According to statistics, women in Newham are less likely to get breast cancer than elsewhere in the UK but when they get it they are more likely to die from it because it is diagnosed later**

What to look for when checking your breasts:

- Changes in the size, shape or feel of your breasts
- A new lump or thickening in one breast or armpit
- Puckering, dimpling or redness of the skin on the breast
- Changes in the position of the nipple or nipple discharge
- New pain or discomfort in your breast that is only on one side

Breast screening

Breast screening (or mammogram) can detect breast cancers in the early stage in women over 50 years. Currently, the PCT's mobile breast screening unit is parked at Morrison's supermarket car park in The Grove, Stratford.

NHS breast screening is free and available by appointment only by calling the Breast Screening Unit on 020 7601 8305. For further information visit www.cancerscreening.nhs.uk/breastscreen/index.html

Breast awareness event

Help raise money to fund special gift packs for women diagnosed with breast cancer in the borough by going along to this event on Tuesday 9 October.

The breast cancer team will be running a stall outside Rainbow Ward at Newham General Hospital, selling pink items and giving out advice and leaflets on breast screening.

Staff will be wearing pink for the day and paying for the privilege.

Breast cancer services in Newham are developed in response to patients' needs and in the last year the hospital has acquired and refurbished a quiet room for breast prosthesis fitting and lymphoedema management, which allows staff to see patients in a private and dignified environment.

Newham General Hospital, Glen Road, Plaistow E13 8SL.

Turn the page for one Newham woman's personal account of being diagnosed >>

"Breast cancer won't beat me"

Last month Dawn Paish had a double mastectomy after being diagnosed with breast cancer. The 48 year old is now positive about the future and refusing to let the disease get her down. During Breast Cancer Awareness Month she wants to drive home the message about self-examination.

Dawn, who works for Newham Council as the emergency planning officer, checks her breasts on the last day of every month without fail, so when she recently found a small lump she knew she'd caught it early. Rather than start worrying and thinking the worst, she adopted the same positive and practical attitude she takes to everything in life, and got on with arranging her treatment.

She saw her GP and was quickly referred to hospital. Although told a double mastectomy (having both breasts removed) wasn't necessary, Dawn's view was that she cared more about removing the maximum amount of potentially cancerous tissue than what she would look like afterwards.

"I was surprised by everyone's reactions," she says. "They've either expected me to be really upset or they've said they would worry about what they were going to look like and asking whether I'm going to have reconstructive surgery.

"As far as I was concerned I didn't want to be worrying about whether they'd got it all out. Breasts are for feeding children and I don't have any and don't plan to, so I don't need them!

"As for reconstruction or masectomy bras, I have chosen not to have either for a number of reasons. People should like you for who you are, and not judge you on appearance alone."

After the operation, Dawn even asked to see the scars. "I don't have any regrets," she says. "When I came round from the surgery I didn't suddenly freak out or worry about it. The way I've dealt with this is totally individual to me and I'm not saying everyone should have this attitude. But this works for me.

"Everyone always thinks 'Why me?' when something like this happens but as far as I'm concerned, why not me?

"What I'd really like to get across to people is the message about checking their breasts regularly. It really is very important and early treatment can be a lifesaver. It doesn't take long but it could make a real difference."

Dawn is hopeful for the future and the last thing she wants to be seen as is "brave" or a victim. "I'm not being brave, I'm just getting on with it. Having cancer doesn't mean you're going to die."

Dawn will be sharing her experiences with the Newham Mag over the coming months. Look out for updates in future issues.

ILEX LEGAL SECRETARY TRAINING

Gain the Institute of Legal Executives (ilex) and City & Guilds Level 2 and 3 qualifications

Flexible Learning and attendance

call MTEC on Tel: 020 8519 4107

All Nations Church Stratford invites you to its annual bible based conference with **Apostle Trevor Newport**

★ Friday 26th Oct: Self Deliverance from Personal Problems (7 - 9pm)

★ Saturday 27th Oct: How to be a true disciple of Christ (3-8pm) True life transforming stories

★ Sunday 28th Oct: Healing and Miracle Service (11am-2pm)

Apostle Trevor Newport had to leave university to obey the call of God on his life 25 years ago. He has travelled to over 60 nations of the world setting the captives free. He is a down to earth preacher with a great sense of humour.

God is REAL and he LOVES you, the bible is alive!
Light refreshments will be provided

Venue: Ithaca House, 27 Romford Road Stratford. E15 4LJ Telephone: 0208 522 0088 Email: admin@allnationsuk.org

All Nations Church meets here at the above venue every Sunday at 11am

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MADISON BELL

Newnam

SOUTH ASIAN ELDERS TELL THEIR LIFE STORIES THROUGH ART

Newham is the last port of call for a nationwide project celebrating South Asian elders' experiences of creating new lives in Britain.

Living History: Celebrating South Asian Migration is a project designed by Rifco Arts to explore and record the stories of South Indian elders for generations to come.

In Newham, Seiwa Cunningham, a textile artist, has worked with a group of women from the Ekta Project to share and examine their experiences of creating new lives in Britain. Their work was recently on display at the Trinity Centre and at East Ham Library.

The group have produced a piece of collaborative textile art, which depicts their experiences and feelings about coming to England and establishing lives and communities here.

Poetry, paintings, photography and drama have also been used within the project to record the memories of South Asian migrants to Britain.

"The first generation had such a different type of life," says Ramesh Verma, chief executive of Ekta. "It was a hard life. Many people began work the day they arrived and worked for just two shillings a week.

"It is very important for the elders to speak to someone and bring back their memories in projects like this"

"It is very important for the elders to record their memories in projects like this. Some elders were very affected by the partition of India and Pakistan and may never have had the chance to speak about it until now."

Ekta is a Newham-based project that aims to address social isolation and the care needs of South Asian elders in the borough. The project helps elders by offering a befriending and meeting service and helping them access other support services.

As well as projects covering memories and health and activities, Ekta targets campaigns that receive less attention, such as elder abuse, prostate and breast cancer.

You can see the artwork and stories from the project online at **www.rifcoelders.com** To find out more about Ekta, visit **www.ektaproject.org.uk** or call **020 8514 5221**. Ekta is currently looking for volunteer drivers.To find out more please call the number above.

My Story by Manik Bhundia from Gujarat

"I was married in Gujarat when I was 13. When I was 20 years old, I went to live in Nairobi, Kenya, with my husband. He moved for his work. In Africa, the sun would shine all day. I was there for about 15 years; I had four children, two girls and two boys.

A new government came and licenses would only be renewed if you changed nationality. It was not as bad as in Uganda but I left and came to Britain.

I came to England in 1972. I came to London, to Wood Green. I worked in tailoring on a sewing machine. I spoke Swahili in Nairobi but did not learn any English until I came here.

I am 71 now. I do not return to Nairobi but I go to India every two years with my husband. All my family are in India. My children live in England, they speak English and Gujarati."

Manik Bhundia and Sukhnandan Kaur in front of the textile artwork

My Story by Sukhnandan Kaur from Punjab

"I was born in Punjab in India, and married there. My father came to England in 1952, he said it was a better life and to come to England too. I was 20 when I did. My husband worked in the Ford factory.

I came to East Ham and I was lonely, I missed my family and cried. After two years my family came from India so I was happy again. I have six children, all of them live in England and one lives in Canada. England feels like home but every year I visit Punjab. My children have visited too but they prefer it here.

I think it is a better life. My father was a policeman in India so we had a good life there too, but there is more independence here. I am glad I came."

NEWHAM »IN FOCUS

Mayor links up for a special birthday

Mayor of Newham Sir Robin Wales cut a special cake to mark the 30th birthday of the Canning Town-based care organisation Community Links. More than 6,000 people of all ages attended a free family fun day in Central Park, East Ham, to celebrate the group's long service to the community.

Hospital's annual public meeting a success

Around 60 members of the public and staff attended Newham University Hospital NHS Trust's annual public meeting on 20 September where the Trust presented its Annual Report to the public.

For those coming straight from work, a therapist was on hand to massage the stress of the day away.

Chief executive Kathy Watkins, said: "Our annual public meeting is a very important event in the Trust and it was great to see that many members of the public came to find out what was going on."

People interested in getting more involved in the Trust should contact Shahid Sardar, membership and involvement manager on 020 7363 9007 or email Shahid.sardar@newhamhealth.nhs.uk.

Make a difference

Do you want to see more fun activities and events in your community?

Why not take an active role in your Community Forum and support the councillors to organise free public events for everyone to enjoy?

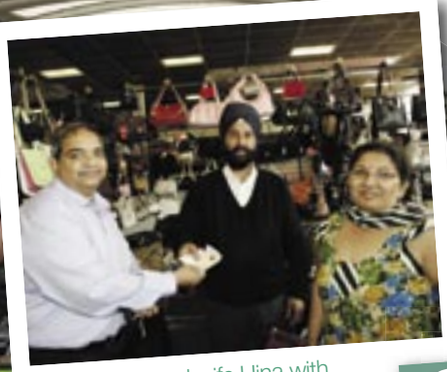
Community Forum active community teams can be joined by people who have an interest in their area. This could be because they live or work there, belong to a not-for-profit organisation active in the area, or simply because they have an affinity with the community.

Keep an eye on the Newham Mag for more details.

it's your borough play your part

NEWHAM COMMUNITY FORUMS

Queens Market shopping spree



Arun Shah and wife Hina with one of the traders (centre)

Plaistow resident Arun Shah could not believe his luck when he won a £100 shopping spree at Queens Market. Arun had heard rumours that it was scheduled for closure, but was extremely pleased to find that it is here to stay.

Arun won his unusual prize by taking part in a mini-survey on Newham's street markets at The Mayor's Newham Show in July: "I was in the Live Life Big Top and thought the market survey looked like a good idea - and I liked the thought of winning a shopping spree too!" The historic market is looking forward to trading long in to the future.

Chair of the Queens Market branch of the National Market Traders' Federation Julie Lightly said: "We know that the market is going to be redeveloped, but we don't want people to think that it's closing. We are working with Newham Council and St Modwen because we'd like to see trading go on for another 100 years. This market is the lifeblood of this area, with everything under one roof, and we won't let that change."

UEL graduate shares his success through new MBA award scheme

A University of East London (UEL) Business School graduate has returned to his alma mater in style, sponsoring a new bi-annual award aimed at inspiring current and future students to emulate his impressive achievements.

Martin Slark graduated with an MBA from UEL in 1993 and has since gone on to become CEO and vice chairman of Molex Incorporated, a leading global manufacturer of electronic systems, switches and application tooling based in Illinois, USA.

After visiting UEL's Docklands campus earlier this month, Martin announced Molex's sponsorship of the new prize for best student on UEL's MBA programmes. The prize will be awarded bi-annually to both part-time and full-time students.

Martin said: "I'm extremely happy to be in a position to return and facilitate this sponsorship, which aims to ensure that current and future generations of UEL Business School students are inspired to achieve their ambitions."

Dancers with DREAMS

When a few **EAST HAM** girls got together in February to learn some traditional Indian dancing they never imagined it would grow into something so exciting.

The Lakme dance group now has 18 young members and the aspiration to perform at the 2012 Olympics.

The group, which dances a unique mix of traditional Kindyan with Bollywood, has performed at several Newham events including Under the Stars. Behind the scenes there's plenty of hard work. During the summer holidays the girls practised several times a week for up to five hours each day.

Dinakshi Shah, 15, said: "I've always loved dancing but recently I've really got into it. It's great fun and since dancing our fitness levels have gone up. It's a dream for all of us to perform at the opening ceremony at the Olympics."

Dinakshi Shah, 15, Alex Stuart, 13, Sandali Weerasanghe, 13 put on a stunning dance display at the East Ham Community Forum health event.

Mental health awareness seminar

Voluntary consultancy Konstruct, with the ARC church, is holding a seminar on 13 October at St John's Church, Broadway, Stratford, from 9.30am to 3.30pm.
For further information, call 020 8555 4245 or email info@arc4u.org.uk

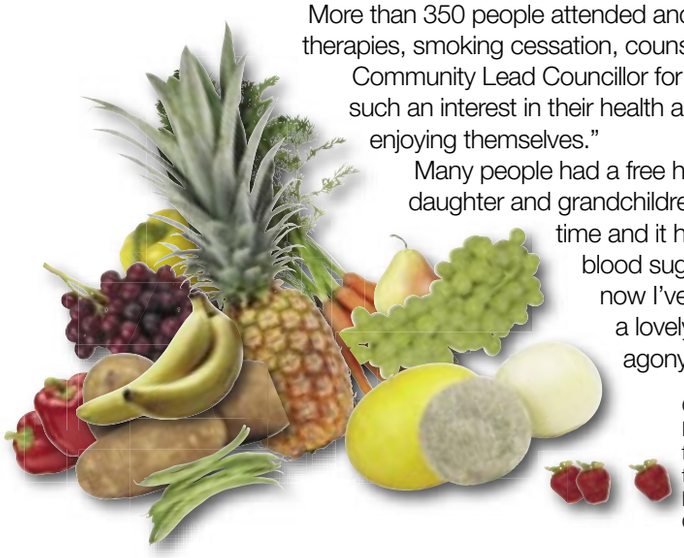
Wellbeing welcomed in EAST HAM

Free yoga workshops, health check-ups and massages were in hot demand at the **EAST HAM** Community Forum health event on 15 September.

More than 350 people attended and learnt about cancer awareness, diabetes, dentistry complementary therapies, smoking cessation, counselling, heart care and more.

Community Lead Councillor for East Ham Lakmini Shah, said: "It was excellent to see residents taking such an interest in their health and wellbeing. The event was bustling with activity and people were really enjoying themselves."

Many people had a free health check-up. East Ham resident Mary Vidal went along with her daughter and grandchildren. She said: "We had such a lovely time and it helped a lot. I never knew my blood sugar level was so high and so now I've had some tests. I also had a lovely massage – my body was in agony and this helped a lot."



Community Lead Councillor for East Ham, Lakmini Shah, enjoys some fresh fruit with Yasmin Anderson, twins Jade and Luke Browne and Mary Vidal at the East Ham Community Forum health event. >

STRATFORD STUDENT MEETS PRINCESS ANNE

Birkbeck UNIVERSITY OF LONDON STRATFORD

Stratford student Amber Atif Ghani met HRH The Princess Royal at the opening of Birkbeck College's Learning Information Centre last week.

The Princess spent an hour touring the new facilities, meeting staff and students, including Amber, who is studying for a BSc in Psychology. The 26 year old moved from Pakistan to London just over a year ago, and was encouraged by her husband to join Birkbeck and further her studies.

"I always felt very excited about the prospect of studying again," says Amber, a primary school teacher. "But it was only when I got to Birkbeck that I realised the other advantages it had to offer, like being surrounded by mature students, whose different life experiences make the learning environment that much more stimulating"

Although Amber is studying at Birkbeck's Bloomsbury campus, the college is now teaching some courses at Birkbeck Stratford. For further details see www.bbk.ac.uk

<< Amber Atif Ghani meeting The Princess Royal

Local band finalists at Urban Music Awards

Girl band Kismet

Girl band Kismet have been nominated for best unsigned act at the Urban Music Awards (UMAs) on 20 November.

Band member Lera Ghanie, from Beckton, wants local people to get behind them.

You can vote for them by visiting **www.kickersuma.co.uk**

Shelter receives £40,000 to help children in Newham

Shelter has received a cheque for £40,000 from the Jack Petchey Foundation to help support its innovative new homeless children's service in Newham.

Keys to the Future - Newham Educational Support Project, aims to give homeless children in the borough a better education and future prospects.

It will give practical help to families and one-to-one support to children to help get them back into school and achieving. It is one of a pioneering set of projects Shelter is launching between now and 2008, to help address the problem of child homelessness.

Members of the Indian Muslim Federation present the Taj Mahal to Sir Robin

Mayor praised for diversity work with model Taj Mahal

Sir Robin Wales was presented with his very own version of the Taj Mahal to celebrate his work in helping to make Newham a successful cohesive community.

The Mayor received a small version of one of the Seven Wonders of the World from the Newham branch of the Indian Muslim Federation.

The presentation was made during a visit to the Town Hall in **EAST HAM** by members of the federation, including president Ahmed Nekiwala and secretary Salim Patel.

Community Lead Councillor for Royal Docks Patrick Murphy with the clean-up crew >>>>>>

Striding out for cleanliness in **Royal Docks**

A swing, an unloved sofa and empty crisp packets were among the items collected during the Royal Docks Community Forum environmental walkabout.

Community Lead Councillor for **ROYAL DOCKS** Patrick Murphy and Councillor Anthony McAlmont, were joined by Forum members and local residents for the street clean-up in North Woolwich.

With the support of the council staff, they were able to remove lots of rubbish and target graffiti for removal.

Cllr Murphy, said: "It was an enjoyable and productive morning and good to have the help of enthusiastic residents. I hope people will be encouraged to take pride in their immediate community and to do their bit to combat rubbish and fly-tipping."

Visit Caribbean Calling during Black History Month

It's your last chance to visit the Caribbean Calling exhibition at Discover Stratford this month.

It's on at the children's story centre in Bridge Terrace until 28 October.

Explore the sights, sounds and smells of the Caribbean in a fantastic interactive exhibition. Listen to stories under the Banyan tree and create a flag that represents you.

It's open from 10am-5pm, Tuesday to Sunday and Mondays during half term. Suitable for children aged six-to-ten.

Have your say!

The next Mayor's Question Time with Sir Robin Wales will be at St John's Community Centre, Albert Road, North Woolwich, on Saturday 20 October from 10.30-11.30am.

Britannia Village brims with community pride

More than 200 residents rolled up their sleeves and took part in the Britannia Village Community Pride Day held at the Village Green.

People embraced the opportunity to spruce up their front garden with new plants, clean up communal areas and get rid of unwanted household items.

On the day, 33 gardens were made-over with 60 new plants and more than 100 spring bulbs.

Deputy Mayor Councillor Christine Bowden said: "The respons from residents was outstanding and it was wonderful to see people of all ages mucking in to improve their environment."

The event is the first stage in what will be a long-term project, with a civic pride residents' group being set up for people to promote a stronger community spirit.

Lorraine Church has lived in the area for 22 years. She said: "It was a brilliant day. I helped clean up rubbish and went door-to-door to encourage people to take part. My granddaughter and her friends helped out and had a great time."

Deputy Mayor Councillor Christine Bowden and Royal Docks Community Lead Councillor Patrick Murphy with members of the Orekoya and Sekabira families

Kids' corner

Jokes

by Ekta Pabari, 10

What do you call two robbers? **A pair of knickers!**

What type of music do mummies like? **Rap!**

What do you get if you cross an ice-cream with a football team? **Aston Vanilla**

Winner

Gallery

PLEASE SEND YOUR DRAWINGS, JOKES AND POEMS TO:
KIDS' CORNER, NEWHAM TOWN HALL, EAST HAM E6 2RP

Robbie Batchelor, 10

Winner

Diana Fernando, 9

Winner

Ali Emambacus, 6

Oseloka Osemeka, 7

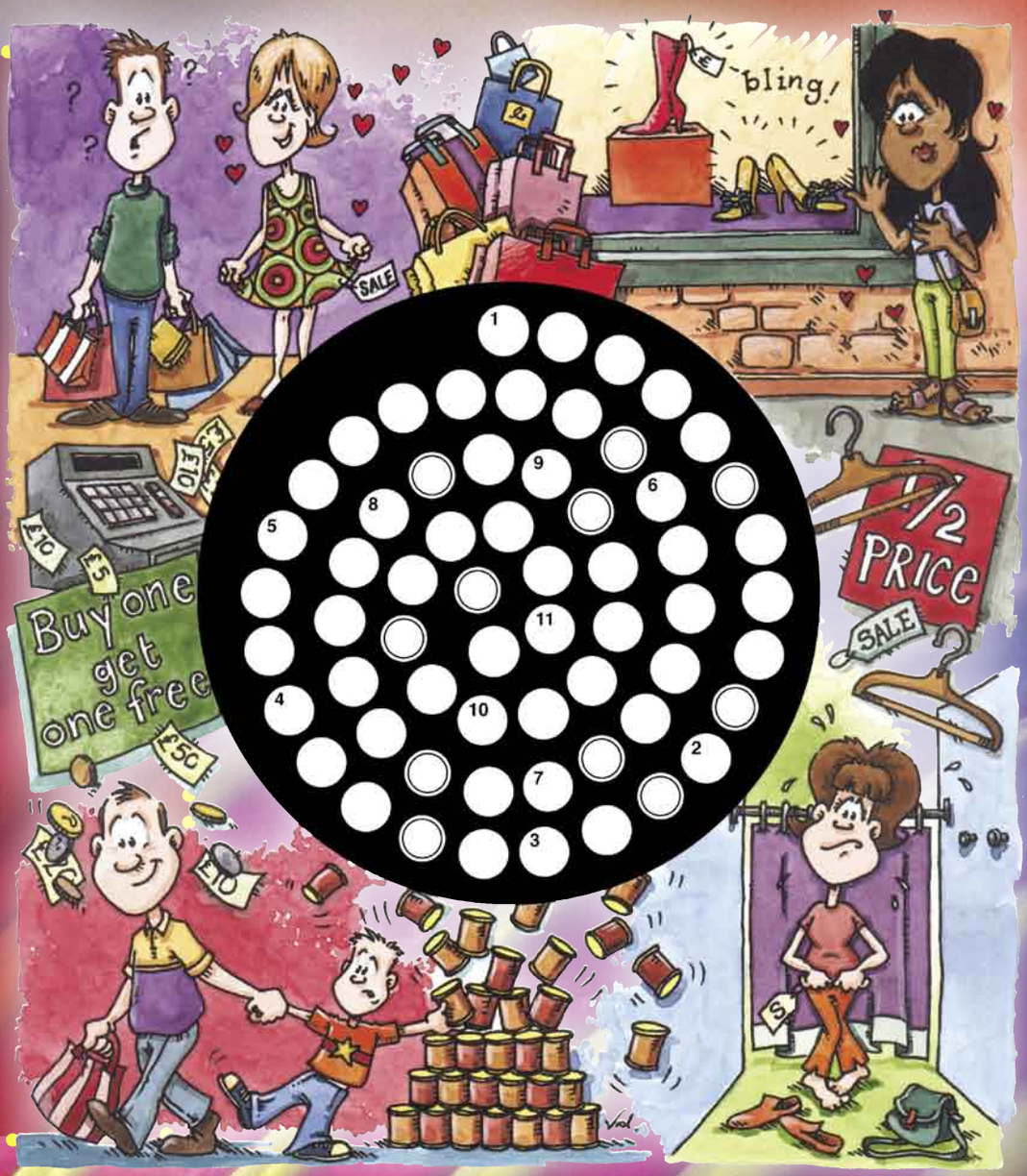
Shopping Spiral

In this puzzle, the last letter of each answer is also the first letter of the next answer. Once the puzzle is complete, re-arrange the eleven letters with inner circles to form a popular shopping item.

Clues

1. Large shop which sells most types of food (11)
2. Drawer in a shop's cash register (4)
3. Clothes with designer _____ are popular with some young people (6)
4. Occasion when a shop sells goods at a lower price than usual (4)
5. Set of stairs taking people from one level to another in a shopping mall (9)
6. Piece of paper which proves you've paid for something in a shop (7)
7. While food shopping, people put items they are going to buy into these (8)
8. Place which sells things (4)
9. People carry home the food they've bought in _____ bags (7)
10. Place in a large shop where you pay for goods (8)
11. Can which holds food or drink (3)

SHOPPING ITEM:



Thames Barrier Park is open from 7am-7.30pm
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Answers: 1. Supermarket 2. Till 3. Labels 4. Sale 5. Escalator 6. Receipt 7. Trolleys 8. Shop 9. Plastic 10. Checkout 11. Tin Shopping Item – **Mobile Phone**

Don't be a silent victim of hate crime

October is Black History Month and it's the ideal time to remind people that hate crime, racially-motivated or otherwise, will not be tolerated in this borough

What is hate crime?

Any offence committed against a person/property which is motivated by hatred of the people because they are believed to be different.

This includes prejudice on the grounds of race, gender, sexuality, ethnic origin, disability, religion or faith.

Hate crime can take many forms including:

- Physical attacks
- Damage to property
- Offensive graffiti
- Arson
- Abusive/obscene telephone calls
- Malicious complaints
- Group intimidation
- Verbal abuse
- Offensive publications
- Dumping of rubbish outside homes and through letterboxes
- Bullying at schools or in the workplace

What the council can do

We work closely with partnership groups within the community, including the police, to tackle all hate crime. The council has a number of tools it can use to take action against perpetrators of such crime. These include: injunctions, anti-social behaviour orders (ASBOs) and warning letters. We can take action against both council and private tenants, remove graffiti, give advice and support and refer to counselling services.

The council's hate crime team will support and investigate your case on your behalf, providing support and practical advice and exploring all the options available to you. These may include securing your property, collating evidence to take legal action and finding ways to keep you safe.

The team will liaise with other partners and regularly update you on any action which is agreed.

Reporting a crime

If you've been a victim of hate crime it is not your fault. You have the right to live your life free from abuse and violence, whoever you are. You do not have to live with hate crime. REPORT IT.

Who to contact

Newham Council's Hate Crime Unit
020 8430 3736
24-hour Anti-Social Behaviour Hotline
0800 731 3300

WHAT'S ON?

6 – 20 OCTOBER

LIBRARIES

LIBRARY ADDRESSES

Beckton Globe 1 Kingsford Way, E6 5JQ. 020 8430 4063
Canning Town Barking Road, E16 4HQ. 020 7476 2696
Custom House Prince Regent Lane, E16 3JJ. 020 7476 1565
East Ham High Street South, E6 6EL. 020 8430 3647
The Gate 4-20 Woodgrange Road, Forest Gate E7 0QH. 020 8430 3838
Green Street 337-341 Green Street, E13 9AR. 020 8472 4101
Manor Park Romford Road, E12 5JY. 020 8430 2207
North Woolwich 5 Pier Parade, E16 2LJ. 020 8430 5900
Plaistow North Street, E13 9HL. 020 8472 0420
Stratford 3 The Grove, E15 1EL. 020 8430 6890
Archives and Local Studies: 020 8430 6881

UNDER 5s GROUPS

Storytelling – Stories, rhymes and crafts for children under five with their parents and carers.
Beckton Globe Every Friday 10-11am
Canning Town Every Monday 10.30-11.30am
Custom House Every Tuesday 10.30-11.30am
East Ham Every Wednesday 2-3pm
The Gate Every Friday 11am-12noon
Green Street Every Thursday 10.30-11.30am
Manor Park Every Thursday 10.30-11.30am
North Woolwich Every Friday 11am-12noon
Plaistow Every Tuesday 11am-12noon
Stratford Every Tuesday 11am-12noon and every Friday 2-3pm
Saturday Storytelling – Open to children under five with their parents and carers.
East Ham Saturday 6 October 11.30am-12noon
Little Readers – Open to children under five with their parents and carers.
Stratford Every Wednesday 1.30-2.30pm
Crafts Club – Open to children under five with their parents and carers.
Manor Park Every Tuesday 10.30-11.30am
Stratford Every Monday 10.30-11.30am
Crafts & Computer Club – Open to children under five with their parents and carers.
Stratford Every Monday 10.30-11.30am
Toy Library – Open to children under five with their parents and carers.
Beckton Globe Every Monday 10am-12noon and every Thursday 1-3pm
East Ham Every Tuesday 10am-12noon and every Thursday 10am-12noon
Messy Play – Open to children under five with their parent and carers.
Beckton Every Tuesday during school term 1.30-2.30pm
Imaginative Play – Open to children under five with their parents and carers.
East Ham Every Friday 10.30-11.30am

ADULT READING

Adult Reading Group – Explore the pleasure of reading in a friendly environment.
East Ham Monday 15 October 6.15-7.45pm
Stratford Monday 8 October 6.30-7.30pm
Tamil Reading Group – Discover more about the range of books available in the Tamil language.
East Ham Wednesday 10 October 11am-1pm
Women-Only Urdu Reading Group – Read novels, short stories and poetry and enjoy the delights of the Urdu language.
The Gate Tuesday 9 October 5.30-7.30pm

OTHER GROUPS

Over 50s Club – Enjoy a range of activities for the over 50s.
Beckton Every Tuesday 9.45-11.45am
Click-On – Free introduction to computers for the over 50s.
East Ham Friday 19 October 10am-12noon and 2-4pm
Plaistow Friday 12 October 10am-12noon and 2-4pm
Open Doors – Free computer training on disability access suite and software.
Canning Town Tuesday 16 October 10am-12noon
Writers Group
The Gate Tuesday 16 October 5.30-7.45pm

YOUNG PEOPLE

Homework Club – Homework support and advice for young people aged seven to 14. School term only.
Beckton Every Tuesday 4-6pm
Canning Town Every Saturday 10am-12noon
Custom House Every Saturday 10am-12noon

LIVE LIFE

East Ham Every Monday 4-6pm
The Gate Every Thursday 4-6pm
Green Street Every Tuesday 4-6pm
Manor Park Every Saturday 10am-12noon
North Woolwich Every Thursday 3.30-5.30pm
Plaistow Every Thursday 4-6pm
Stratford Every Monday 4-6pm
Children's Games Club – Board games and activities for children aged five to 12.
Canning Town Thursday 11 and 18 October 4-6pm
Games Club – PS2 and Xbox games, music, board games and many more activities for young people aged eight to 13.
Custom House Every Tuesday 3.30-5.30pm
East Ham Every Tuesday 3.30-5.30pm
Manor Park Every Thursday 4-6pm
Teen Games Club – PS2 and Xbox games, music, board games and many more activities for young people aged 12 to 16.
Beckton Every Monday and every Wednesday 3-5pm
Family Reading Group – A chance for children aged five to 11 and their families to read together and have fun.
The Gate Sunday 7 October 2.30-4pm
Teen Xtra Evenings – Free activities for young people aged 12 to 21.
The Gate Every Friday 6-8pm

ESTATE BASED SPORTS

Sessions are open to 12-18 year olds unless otherwise stated and are for all abilities. Sessions are FREE. For more information call 020 8430 2484 or visit www.newham.com/2012Games

Athletics
Every Friday
4.30-6pm, 8-19 years
Drapers Field

Basketball
Every Monday 7-9pm
The Froud Centre
Every Tuesday 5-7pm
Royal Victoria Gardens Ball Cage
Every Tuesday
7.30-9.30pm
Plaistow Park
Every Friday
5-6.45pm
Forest Gate Youth Centre

Cricket
Every Tuesday
5.30-7pm, 8-19 years
Score Indoor Complex
Every Thursday
4.30-6pm, 8-19 years
Drapers Field

Football
Every Monday
6-8pm
Plaistow Park
Every Tuesday 5.30-7.30pm
Little Ilford Ball Cage
Every Tuesday
5-7pm
Stratford Park
Every Tuesday
5-7pm
Phoenix Cage
Every Wednesday
4.30-6.30pm
Royal Victoria Gardens
Every Wednesday
5-7pm, 8-19 years
Stratford Park
Every Wednesday
7.30-9.30pm, 16+ (£2 charge)
Score Complex
Every Thursday
5-7pm
Scud Park Ball Cage
Every Thursday
6-8pm
Forest Gate Youth Centre
Every Friday
4-5.30pm (term time only)
St John's Community Centre
Every Friday
6-8pm
Priory Park Ball Cage
Every Saturday
10-11.30am, 6-12 years (£3 charge)
Drapers Field
Every Saturday
2-4pm, 6-14 years (£3 charge)
Score Complex

Estates Football and Basketball League
Every Monday
6-8pm, under 14s and under 17s
Score Complex Hard Court
Every Tuesday
5.30-7pm, under 12s and under 14s
Drapers Field
Every Friday
6-8pm, under 14s and under 17s Leyton Manor Park

Football and Basketball
Every Monday
4.30-6.30pm
Winsor Park
Every Wednesday 5-7pm
New Beckton Park Ball Cage
Every Wednesday
4.30-6.30pm
Ford Park
Every Wednesday
6-8pm
Plashet Park
Every Thursday
4.30-6.30pm
Priory Park Ball Cage
Every Thursday
5.30-7.30pm
Barking Road Rec
Every Friday
5-7pm
Lister Gardens Park
Every Friday
5-7pm
Canning Town MUGA

Multi-Sports
Every Monday
5-7pm, 8-19 years
Langthorne Park
Every Monday
5-7pm, 8-19 years
Alma Street MUGA
Every Tuesday
4-5pm
Carpenters and Docklands Centre (term time only)
Every Tuesday
5-7pm, 8-19 years
Stratford Park
Every Wednesday
4-5pm
Carpenters and Docklands Centre (term time only)
Every Wednesday
5-7pm, 8-19 years
The CAGE (Chatsworth Active Games Enclosure)
Every Wednesday
5-7pm
Stratford Park
Every Wednesday
4-6pm, 10-19 years
Cann Hall Park
Every Wednesday
5-7pm, 8-19 years
Major Road Ball Park
Every Thursday
5-7pm, 8-19 years
The CAGE

Venue Addresses
Alma Street MUGA
Alma Street, Stratford E15
Barking Road Rec
Burges Road, East Ham E6
The CAGE (Chatsworth Active Games Enclosure)
Cruickshank Road, Stratford E15
Can Hall Park
Off Can Hall Road, E11
Canning Town MUGA
Corner of Freemasons Road and Sophia Road, E16
Carpenters and Docklands Centre
98 Gibbins Road, Stratford E15 2HU
Drapers Field
Temple Mills Lane, off Leyton High Road, E15
Ford Park
Canning Town, E16
Forest Gate Youth Centre
Woodgrange Road, E7
Froud Centre
Toronto Avenue, Manor Park E12 5JF
Langthorne Park
Off Leytonstone High Road, E11
Leyton Manor Park
Off Capworth Street, Leyton E10
Lister Gardens Park
Corner of Upper Road and Florence Road, Plaistow E13
Little Ilford Ball Cage
Reynolds Avenue, Manor Park E12
Major Road Ball Cage
Major Road, Stratford E15
New Beckton Park Ball Cage
Savage Gardens, Beckton E6
Phoenix Cage
Milner Road, West Ham E13
Plaistow Park
Balaam Street, Plaistow E13
Plashet Park
Woodhouse Grove, East Ham E7
Priory Park Ball Cage
William Morley Close, Upton Park E13
Royal Victoria Gardens
Pier Road, North Woolwich E16
Score Complex
100 Oliver Road
Leyton E10 5JY
Scud Park Ball Cage
Tant Avenue, Canning Town E16
Stratford Park
Densham Road, Stratford E15
St John's Community Centre
Albert Road, North Woolwich E16
Winsor Park
Warwall, Beckton E6

ADULT EVENTS

Newham Fit Club
Free activities

Circuit training
6-7pm
Katherine Road Community Centre

Yoga
6-7pm
Katherine Road Community Centre

Theatre Royal Stratford East
Visit the theatre bar to check out some of Theatre Royal's excellent free entertainment. Caribbean food served.*

Free comedy
Every Monday, 8pm

Free Sunday poetry evenings
First and third Sunday of every month, 7.30pm

LIVE LIFE

Live Music
Laid back sessions
Every week night from 6pm.
Saturdays from 3pm and
Sundays from 2pm

Theatre Royal Bar,
Gerry Raffles Square,
Stratford E15 1BN
Telephone: 020 8279 1160
www.stratfordeast.com

Brick Lane Music Hall

Wednesday 26 September
Vincent Hayes presents
a cockney sing song
matinee performance
£20 per person with
afternoon tea

Tuesday 9 and Thursday 11 October
Vincent Hayes presents a
music hall matinee special

An afternoon of first class
entertainment starring stars of
radio and stage, Paul James
and Billy Nutt, with their hit
show *Just the two of us*.
£20 per person, including
afternoon tea

Wednesday 10 and 17 October
Vincent Hayes presents a
music hall matinee
An afternoon of first class
entertainment with some of
the finest music hall artists
from around the country.
£20 per person with
afternoon tea

Sunday 14 October
The Grand Order of Water
Rats charity gala night
John Bardon (*EastEnders*)
tops the bill with his tribute to
the legendary Max Miller.
John will be joined by fellow
EastEnders star, Derek Martin,
and other stars. Includes
three-course dinner, show and
dancing until midnight.
£45 per person.

Brick Lane Music Hall,
443 North Woolwich Road,
E16 2DA
Telephone 020 7511 6655
www.brick-lane-
music-hall.co.uk

Community Centre Addresses
There are lots of free activities
and groups in community
centres. Call your local centre
to find out more.

Hathaway Community Centre
Hathaway Crescent,
Manor Park E12 6LR
020 8548 4980
Plaistow Park
Community Centre
Queens Road West,
Plaistow E13 0PE
020 8552 1334
Cundy Community Centre
Hartington Road E16 3NP
020 7474 6056
Field Community Centre
147 Station Road,
Forest Gate E7 0AE
020 8536 2800
Chatsworth
Community Centre
Chatsworth Road,
E15 1SP
020 8555 4477
Katherine Road
Community Centre
254 Katherine Road,
Forest Gate
E7 8PN
020 8548 9825
Beckton Community Centre
14 East Manor Way,
Beckton E6 5NG
020 7511 1214
Community Road Centre
Community Road
Stratford
E15 1JT
020 8534 0664

USEFUL NUMBERS

020 8430 2000
Hundreds of services, just one number – for all council enquiries

For questions about councillor surgeries or to find out which ward you live in, call 020 8430 2000 or visit www.newham.gov.uk/yourcouncillor

Write to Mayor Sir Robin Wales at Newham Town Hall, Barking Road, East Ham E6 2RP or email mayor@newham.gov.uk

For information about Community Forums freephone 0800 519 4015 or email community.forums@newham.gov.uk

For information about the 2012 Games and how it will affect Newham, visit www.newham.com/2012Games

To report anti-social behaviour call Newham's 24-hour hotline on 0800 731 3300

To speak to the editor of The Newham Mag, call Jen Bishop on 020 8430 2000 or email newham.mag@newham.gov.uk

LIVE LIFE

'I feel great when I walk'

Newham
London Borough of

'I love this time of year'

'Walking by the water is really relaxing'

get together and go

run or walk, meet and talk

10K **Sunday 18 November**
Thames Barrier Park
North Woolwich Road E16
Start: 11am

It's the big one!

We've mapped out an amazing 10k route that explores the river and docks. So get ready to take up the challenge with loads of other people from your community.

To join us for the amazing 10k event you need to pre-register.

Please note that there will be a small fee of £10 to cover registration.

For more information or to register your place please

call **07983 579 236** or visit **www.newham.com/2012Games**

ACCESS INFORMATION
Part of this event is on grass.
BSL interpreter will be present.

Newham NHS
Primary Care Trust

NHS

Newham University Hospital NHS Trust and
Newham Primary Care Trust

LIVE LIFE

IT'S TIME TO DO ONE THING TO HELP YOUR LOCAL ENVIRONMENT!

Join Newham's year of action and take part in a Community Forum planting event.

Help plant 2012 new trees in the borough each year or plant some spring bulbs.

Get closer to nature with activities like nest box building, tree dressing and wildlife walks.

Your action can make a big difference.

For more information:

Freephone 0800 519 4015
Email community.forums@newham.gov.uk
Or visit www.newham.gov.uk

Newham

LIVE LIFE

it's your borough play your part
NEWHAM COMMUNITY FORUMS

BBC breathing places

GET INVOLVED IN A PLANT FOR LIFE EVENT IN YOUR COMMUNITY FORUM AREA:

STRATFORD AND WEST HAM
Saturday 6 October, 9.30am-12.30pm
Stratford Park, West Ham Lane, Stratford E15

FOREST GATE
Saturday 6 October, 1.30-5pm
Forest Lane Park, Magpie Close, Forest Gate E7

EAST HAM
Sunday 7 October, 12noon-4pm
Central Park, High Street South, East Ham E6

CUSTOM HOUSE AND CANNING TOWN
Saturday 27 October, 10am-2pm
Memorial Recreation Ground, Memorial Avenue, West Ham E15

MANOR PARK
Saturday 10 November, 10am-4pm
Plashet Park, Plashet Grove, East Ham E7

ENJOY THE BBC TREE PARTY

BECKTON
Saturday 24 November, 12noon-3pm
Beckton District Park North, Tollgate Road, Beckton E6

Events in Green Street, Plaistow and Royal Docks coming soon